

TEACHING GUIDE



VEGETABLES

FOR HEALTHY KIDS



vegetables.co.nz





VEGETABLES

FOR HEALTHY KIDS

Vegetables for healthy kids aims to support you in helping younger children to make positive associations with vegetables.

Whatever situation children draw their personal experiences from, *Vegetables for healthy kids* intends to inspire and encourage them on their journey to becoming happy, healthy vegetable eaters!

SPECIAL THANKS TO YOU...

We appreciate that encouraging children to eat and enjoy vegetables takes commitment and enthusiasm on your part. By helping them to develop a taste for vegetables early on, you'll contribute significantly to their long-term health and wellbeing.

Thank you so much!

Vegetables for healthy kids is a joint initiative of



vegetables.co.nz

Curriculum based

The suggested learning experiences are based on the principles of Te Whāriki and are interwoven through out the strands of Well-Being – Mana Atua, Belonging – Mana Whenua, Contribution – Mana Tangata, Communication – Mana Reo, and Exploration – Mana Aotūroa. Some learning outcomes for specific learning experiences have been identified, however there are many more above and beyond those identified.

All experiences have been designed to encourage child investigation. They are based on activities that have been proven to work well with many children. You will no doubt adapt them to suit the needs of your children. Most importantly, have fun! We hope this resource inspires many happy and memorable sessions of tasting and learning about vegetables together.

Introducing Squash

Squash is the friendly little puppet you will have found in this kit. Squash is there to help you introduce vegetables in a fun way and to encourage children to be adventurous and try them. We think Squash adds an extra dimension to this teaching aid and we hope you enjoy working with him. (Squash is named after a variety of green skinned pumpkin – a picture of a squash is on the miniposters.)

Why a rubber stamp?

We have found that a rubber stamp is a wonderful way to get a message home. A stamp on a child's hand generally needs adult help to remove. This process gives both the child a prompt to share their vegetable experiences and the adult an opportunity to reinforce the message. Use the stamp to acknowledge participation.





INTRODUCING VEGETABLES

Te Whāriki: Well-Being - Mana Atua, Communication – Mana Reo, and Exploration – Mana Aotūroa.

LEARNING OUTCOMES

The children will discover a range of vegetables.
The children will develop a positive attitude to eating.

SUGGESTIONS

1. Display the miniposters forming either a frieze around your classroom or a block poster. Different vegetables are on the miniposters and matching cards.
2. Introduce 'Squash' to the children. e.g. "My name is 'Squash' and I love vegetables! I would like you to get to know some of my best friends ... I don't know if you know how good carrots are ... or kumara ... or tomatoes ... Your teacher and I are going to help you discover the wonderful world of VEGETABLES!"
Tip. Ensure both you and 'Squash' focus on the taste, and the wide range of tastes, there are with vegetables. Remember, it is unlikely that children will like all tastes, but almost unbelievable that they won't like any!
3. Encourage children to talk about the vegetables they enjoy eating at home. Have samples of vegetables that reflect the traditional foods of cultures represented in your centre.
4. As they name them, identify them either from fresh samples or from the miniposters. You (or 'Squash') may like to use the miniposters to prompt the children.
5. Discuss any vegetables that some of the children won't have been exposed to before or that are not on the miniposters. Also introduce any illustrated vegetables that the children have been unable to name.

YOU WILL NEED

- Squash, the puppet
- rubber stamp
- miniposters
- baseboards & cards
- selection of fresh vegetables



MATCHING GAMES

Te Whāriki: Contribution – Mana Tangata, Communication – Mana Reo

LEARNING OUTCOMES

The children will develop matching and coordination skills.
The children will discover a range of vegetables.

SUGGESTIONS

The following activities are suitable for either small groups of children or a child working alone. Offer the rubber stamp to children who participate.

YOU WILL NEED

- vegetable matching cards & baseboards
- Squash, the puppet
- rubber stamp

Game 1

Each child is given a baseboard. Individual cards are put in the centre of the table. Children match the individual cards on to the baseboard. This isn't a race, encourage discussion so the children can name the vegetables they are matching.

Game 2

Use only the individual cards, placed face up on the table. Children sort the cards into pairs of the same type. Children count the number of vegetables in each photograph, and also the number of photographs of each vegetable. Encourage discussion so as the children can name the vegetables.

Game 4

The children sort the individual cards into piles of vegetables that

- grow above the ground,
- grow below the ground,
- are red,
- are brown,
- are green.

Add any other classifications that are appropriate to your class.

Game 5

Children select a card showing a vegetable that they

- like the look of,
- have never tried,
- like the taste of.

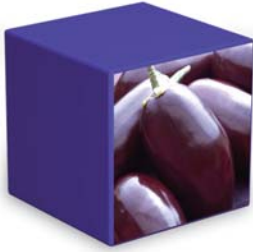
Use their selections as discussion points.

Game 3

Use only the individual cards, placed face up on the table. Teacher (or 'Squash') or child names a vegetable and the children find a card that illustrates it.

Game 6

Play traditional games of memory, fish and snap.



VEGETABLES ARE PART OF 5+ A DAY

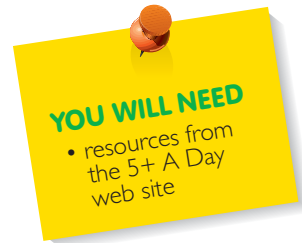
Te Whāriki: Well-Being - Mana Atua

LEARNING OUTCOME

The children will develop knowledge about how to keep themselves healthy.

SUGGESTIONS

1. Visit www.5aday.co.nz to explore the meaning of 5+ A Day.
2. Each year register for 5+ A Day Fruit and Vegetable month to receive fantastic teaching resources and activity suggestions. New resources are always being added, so visit the site regularly.
3. Discuss how vegetables are part of 5+ a Day; specifically that three of your serves for 5+ A Day should be vegetables. Use your hand to explain the number of servings and what a serving is. Show them how your serving is a lot bigger than theirs. Explain why you need to eat more.
4. Do some 5+ A Day activities.



VEGETABLE ART

Te Whāriki: Communication – Mana Reo, Exploration – Mana Aotūroa

LEARNING OUTCOME

The children will develop the ability to represent their discoveries using creative and expressive media and technology associated with them.

SUGGESTIONS

1. Allow the children to create anything they would like to about vegetables. Encourage collage, crayon drawing, painting, using stamps, or whatever you feel is most suitable to your group of children.
2. A selection of fresh vegetables may help to motivate the children. Allow them to touch, smell and in some cases, chew the vegetables to help them get ideas.





LIBRARY CORNER

Te Whāriki: Communication – Mana Reo

LEARNING OUTCOMES

The children develop an expectation that words and books can amuse, delight, comfort, illuminate, inform and excite.

SUGGESTIONS

1. Use your usual reading routine as an opportunity to focus on books about vegetables. Include the enclosed *Eat your colours* book and a selection of other vegetable story books. *Eat your colours* is an excellent prompt to discuss both colours and fruits.

Tip. In this kit you will find brochures on different coloured vegetables, these give you a background explaining the benefits of eating a range of coloured vegetables.

2. Allow the children to read the books by themselves.

YOU WILL NEED

- *Eat your colours* book
- selection of books on vegetables



GROWING YOUR OWN VEGETABLES

Te Whāriki: Well-Being - Mana Atua,
Exploration – Mana Aotūroa.

LEARNING OUTCOMES

The children will develop a positive attitude to growing and eating vegetables.

The children will develop working theories about the living world and knowledge of how to care for it.

SUGGESTIONS

1. Growing Sprouts

Various seeds can be grown indoors and their sprouts eaten within a few days. The children will find it fun to harvest their sprouts and eat them. Any of the following can be sprouted: mung beans, lentils, alfalfa, sunflower, fenugreek and wheat. For each seed type, take a large jar and place 2 - 3 tablespoons of seeds into it, half fill with water. Place a piece of gauze or muslin over the top and secure with a rubber band. Leave overnight. The next morning the seeds will have swollen, drain off the water. Rinse the seeds and drain well. Repeat the rinsing and draining process each morning. The seeds will be ready in 3 - 4 days.

Extension: For comparison you may like to place some seeds in a dark cupboard as they are sprouting and leave others in the light. You will be able to discuss how sprouts in the light go green as the chlorophyll develops.

2. Potato Hedgehogs

Prick a potato with a skewer, drop a few mustard seeds in each hole, place in a warm place and wait for 1 - 2 weeks for it to grow.

Extension: You may like to grow potatoes in buckets, or encourage the children to do so at home. This will take 70 – 90 days before you can harvest your crop. This is very simple and most children will get great results – instructions are on www.vegetables.co.nz/potatoes under the heading 'schools'. You will also find potato recipes which are suitable for a classroom setting.

3. Gardens

If space permits, you could develop your own vegetable garden. Plant a few vegetables which are quick growing, such as carrots, lettuce or beans (excellent if you are able to read 'Jack and the Beanstalk!').

YOU WILL NEED

- gardening books





KIDS IN THE KITCHEN

Te Whāriki: Well-Being - Mana Atua, Exploration – Mana Aotūroa, Belonging – Mana Whenua

LEARNING OUTCOMES

The children will develop the knowledge that trying things, exploring and curiosity is an important way of learning.

The children will develop self-care skills for eating and food preparation.

The children will develop positive attitudes to eating vegetables.

The children will experience foods which are both familiar and unfamiliar through developing links with family and wider world.

YOU WILL NEED

- Squash, the puppet
- rubber stamp
- miniposters
- vegetable leaflets for notice board

SUGGESTIONS

1. Prepare some of these tasty recipes – these have all been trialed with hundreds of children and will be popular.
2. Give each participating child a rubber stamp on their hand. This is a great way of getting your message home and acts as a prompt to talk about what they have done.
3. Invite parents along to share in these activities with their children.
4. Display miniposters and vegetable leaflets on the parents' notice board.

FUNNY FACE SALAD

A great opportunity to try little bits of new foods. The children construct a funny face salad. Using a slice of bread with a slice of luncheon meat on it as the base, they then add salad ingredients to form a face. The funny face salads are then eaten for lunch or morning tea.

Ingredients: One slice of bread and luncheon meat per child, margarine, a selection of salad ingredients e.g. grated carrot, bean sprouts (maybe the ones you have sprouted), cucumber slices and strips, beetroot slices, tomato wedges, lettuce, radish etc.

VOLCANOES

The fun is when it erupts, but the best part is when you eat it! Bake the potatoes until softened. Cut a cross deep in the potato. With your fingers and thumbs at the base of the potato, push it hard so that all the flesh of the potato erupts. Add your choice of toppings. For tips on how to cook a lot of baked potatoes at once check out www.vegetables.co.nz/potatoes under the heading 'schools'.

Ingredients: 1 mountain - one hot baked potato; molten lava, hot rocks, boulders and steam - a selection of the following: grated cheese, grated carrot, sliced salami or ham, chunks of tomato or peppers, peas, adzuki bean sprouts, sour cream, creamed corn, baked beans.

FRIENDSHIP SOUP, A GREAT WINTER TREAT

Each child brings along some favourite vegetable, e.g. a piece of celery, a carrot, a kumara, a piece of pumpkin. Together the class makes a big pot of soup with all the vegetables that the children have brought. This gives the ideal teaching opportunity to discuss which vegetables grow above or below the ground, which vegetables are red, green, soft, hard etc. This is an ideal opportunity to discuss nutrition.

Tip: Some children prefer smooth soup so it may be necessary to bring a food processor to puree it. Alternatively, the addition of pasta alphabets tends to increase the soup's popularity markedly!

Ingredients: Vegetable or chicken stock powder (use sparingly), selection of vegetables.

CORN COB DAY

Perfect in summer when fresh sweetcorn is in season. Each child removes the husks from his or her cob. Place the cobs in a large saucepan of boiling water and boil for 5 - 7 minutes or until the kernels are easily prised off.

Tip: Alternatively, the corn may be microwaved allowing 2 minutes for each cob, or barbecued. Take extreme care when removing the husks from microwaved or barbecued corn as it remains hot for a long time.

Ingredients: Either half or one corn cob per person.

PITA RABBITS

More fun if you can read a little from Beatrix Potter! Everyone knows that rabbits love carrots and sprouts, and most children love peanut butter, so mixed together and stuffed into pita pockets this makes a really tasty treat.

Ingredients: Mini pita pockets – halved, peanut butter, grated carrot, alfalfa sprouts and raisins.

Tip: Check you have no children who have peanut allergies before you offer peanut butter.





COUNTING GAMES

Te Whāriki: Communication – Mana Reo

LEARNING OUTCOMES

The children develop familiarity with numbers and their uses by exploring and observing the use of numbers in activities that have meaning and purpose for children. The children develop an expectation that numbers can amuse, delight, illuminate, inform and excite.

SUGGESTIONS

1. Display the counting posters and work through the 1 - 10 sequence, talk about the different tastes, colours and shapes of the vegetables. 'Squash' the puppet can help.
2. Play games with the numbers e.g. counting out loud, counting with fingers, matching the numbers with a similar number of other objects. You could link this to your art activity by combining multiple images of the rubber stamp, numbers and images of vegetables.
3. Offer participating children a rubber stamp on their hand.



PARENTS NEED VEGETABLES TOO

Te Whāriki: Belonging – Mana Whenua

LEARNING OUTCOME

The children will experience positive attitudes towards eating and enjoying vegetables through connecting links with family and early childhood setting.

OUTCOMES

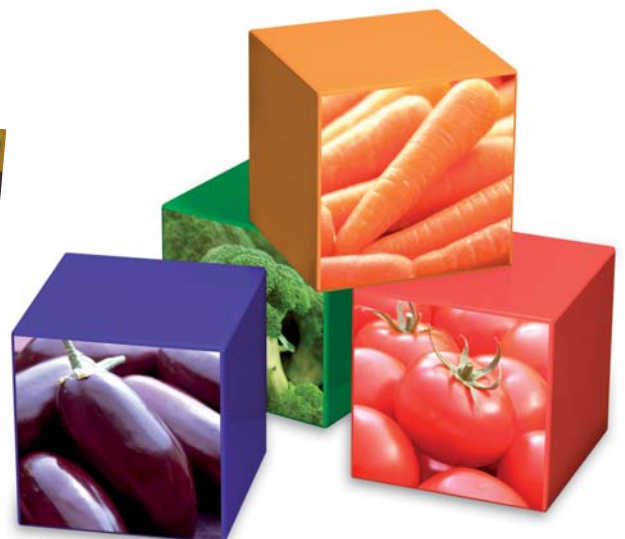
The children will experience their families eating and enjoying vegetables. To support parents/caregivers to establish good eating habits.



SUGGESTIONS

1. Invite parents to come along to a 'vegetable activity'. Kids in the Kitchen is especially suitable.
2. Set up a vegetable display on the notice board. Use the leaflets supplied for parents, re-order as required. Check out www.vegetables.co.nz for other resources which you may find helpful. Copy and paste excerpts from the leaflets into your newsletter - all imagery and text, with no copyright restrictions, are able to be downloaded from www.vegetables.co.nz.
3. Parents may like to have a 'pot luck' vegetable lunch with the children at the end of this vegetable learning unit. This is an excellent opportunity to reinforce what you have been teaching and to get the parents to lead by example! Each parent brings a vegetable dish to the lunch to share with everyone else.

Tip. A 'potato sizzle' is popular with everyone. Partly cook unpeeled potatoes, cut into wedges. Barbeque until golden brown brushing sparingly with oil.



FOR INSPIRATION AND MORE RESOURCES GO TO

vegetables.co.nz



VEGETABLES

- about vegetables
- about potatoes
- nutrition
- your family
- facts

Recipes

- Easy to follow great tasting recipes

About vegetables

- Full of snippets ideal to reproduce in your newsletter

About potatoes

- Go to 'schools' there are great recipes suitable for classrooms and how to grow potatoes in buckets

Your family

- For help introducing vegetables to babies
- Ideas and tips on getting children to eat and enjoy vegetables

Resources

- A huge range of leaflets and posters

Education

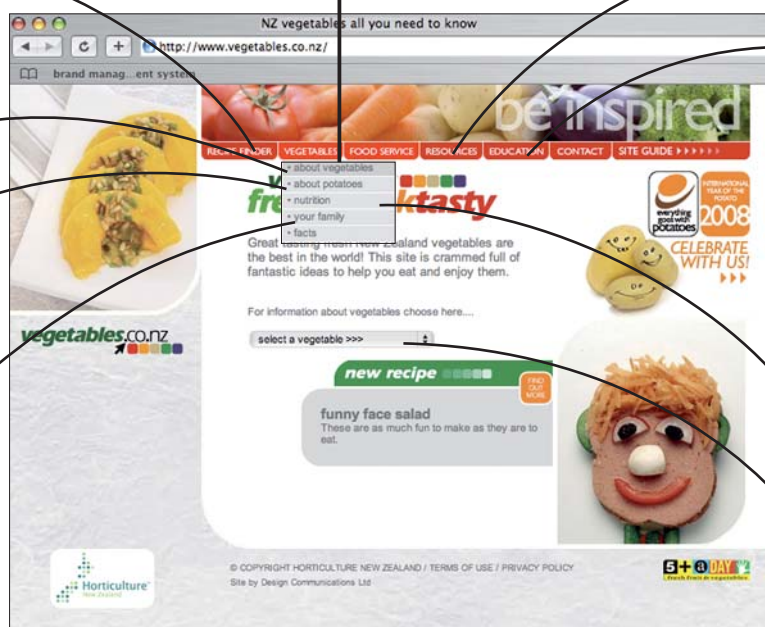
- Where you can reorder parts of this kit
- **All about vegetables** - interactive learning ideal for big brothers and sisters... available on DVD and on line including games, video clips, how to put down a hangi, cool recipes, how plants grow and much more!

Nutrition

- Find out what is so good about vegetables

Select a vegetable

- All you need to know about a particular vegetable - storage, selection, season, varieties etc



INTERESTED IN FINDING OUT MORE ABOUT FOOD AND NUTRITION FOR HEALTHY KIDS?

Visit www.mission-on.info.govt.nz for more information and resources.



Mission-On is an interagency campaign being implemented by SPARC and the Ministries of Health and Education. Learning outcomes are aimed at improving the lifestyles of young New Zealanders through improved nutrition and increased physical activity.



Vegetables.co.nz, the promotion strategy of Horticulture New Zealand, produces a wide range of vegetable resources designed to inspire vegetable consumption.

Vegetables for Healthy Kids is based on the highly successful Vegies for Little Children kit originally developed by Horticulture New Zealand in 1987. The original kit got a generation of young New Zealanders off to a great start and we hope that the updated version is equally successful.

When parts of this kit become damaged or lost, replacements are available to you. These may be ordered online at www.vegetables.co.nz in the 'education' section.